



## Frog Falls Aquatic Park

Volume 1, Issue 2

May 1st, 2004

# Frog Falls Newsletter

## Lifevest Policy Changed in Response to Focus Groups

### New Lifevest Options:

During the focus group, we heard that our members are not satisfied with the current lifevest policy. Often no lifevests are available in the appropriate size and lifevests are being left on the pool chairs depriving other members of their use. We have come up with 3 options for our members to enjoy the safety of a lifevest for their child.

1. **Always have the right size for your child with our seasonal rental.** For a \$10 fee, you have the option of renting a lifevest for your child for the entire season. We will provide you with a locker, free of charge, to allow you to lock up the lifevest when you are not using it. We will hold an additional \$25 as a deposit that will be returned to you at the end of the season provided that the lifevest is returned in good condition.
2. **Own your own lifevest! This is an excellent option for families that enjoy other recreational water sports.** Just click the link and send Frog Falls an email with a check or your credit card information. We will call you when your lifevest is available or pick it up at the beginning of the season. We will even allow you to trade your vest in for a larger size as your child outgrows it. When your child no longer needs a lifevest, the vest is yours to do with as you please.



3. **Continue to borrow lifevests from the ID Window on a first come, first serve basis.** This option allows you to use the lifevest on a daily basis. You will be required to leave your MWR ID as collateral, your ID will be returned to you at the end of the day when you return your lifevests. All lifevests will be numbered to help you keep track of your lifevests.

## Upcoming Events!

Opening Day! May 29

Guard Start: July 5-28  
Session 1 2-3PM

Guard Start: August 2-25  
Session 2 2-3PM

Lifeguard Training June 14-18  
9AM—5PM

Lifeguard Training June 26-July 25  
Sat & Sun 8AM—5PM

Pre-School Story Time June 28  
12—2PM

Salute to Silliness June 12

## Did you know?

- Frog Falls is the only Army water park open to a partnering community. Frog Falls is a truly unique and successful partnership.
- Rockaway Township, Jefferson and Wharton residents are also eligible to join our on post fitness center. Call 724-4629 for details.
- The Canon Gate catering and conferencing center is open to the public for weddings, christenings, family reunions and business conferences. Call 724-8528 for details.

## Community Water Safety

"Water is a good friend or a deadly enemy," said commodore Longfellow, who taught the first water safety classes in the United States. This is as true today as it has ever been and that is why at Frog Falls we feel it very important to tell you a few things to keep your trips safe and fun!

Water recreation is a great experience all around and there is no reason why every person, children or adults, cannot enjoy learning about water safety. If you prepare yourself and take basic precautions water will be your friend. Here are some things you and your family can

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## Guard Start– Lifeguarding Tomorrow

### **GuardStart™:** **Lifeguarding Tomorrow**

*Give swimmers age 11 to 14 a jump start into a lifeguarding job.*

GuardStart™: Lifeguarding Tomorrow provides a foundation of lifeguarding and life skills. For those with swimming skills, this program is an ideal transition between basic swim classes and the Lifeguard Training course.

**GuardStart focuses on five key areas:** Prevention of aquatic accidents, fitness and swimming skills, response in an emergency,

leadership skills, professionalism of a lifeguard.

### **Who Can Participate?**

The GuardStart program is designed for youth 11 years old, or who have completed the 5<sup>th</sup> grade, through 14 years old.

### **Before entering the program, participants must demonstrate these skills:**

Swim the front crawl for 25 yards continuously while breathing to the front or side. Tread water for 1 minute using arms and legs. Submerge and swim a distance of 10 feet underwater.

**Monday's & Wednesday's**  
2:00PM – 3:00PM

**First Session**  
July 5<sup>th</sup> – July 28<sup>th</sup>

**Second Session**  
August 2<sup>nd</sup> – August 25<sup>th</sup>

\$35 per child per session

Fee includes participants manual and 8 hours of instruction.

Sign up at 724-PARK

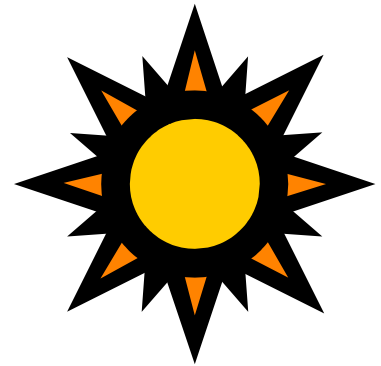
**Try out Guard Start for Free! SATURDAY, JUNE 19TH @ 1PM**

## Community Water Safety

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do to ensure a good time:

1. Be alert to your surroundings.
2. Be prepared for the weather.
3. Keep a close eye on your children. Children can drown silently, in seconds and in only inches of water.
4. Don't dive into shallow water or into water where you can't see the bottom. Spinal injury and death can occur.
5. Cover Up! Use sunscreen and stay in the shade to prevent lifelong complications from sun damage. Reapply so you don't fry!
6. Drink plenty of hydrating liquids. Dehydration can cause illness and in extreme cases death.
7. Avoid the use of alcohol or other mind altering substance. Many drownings occur because of this type of impairment.



## Frog Falls Guest Policy has been revised!

As a result of our winter focus groups we have made some changes to our guest policies:

1. Families may bring up to 4 guests Friday through Sunday for a \$7 guest fee.
2. Families may purchase up to 4 Guest Punch Cards. Guest punch cards cost \$25 and allow the family to bring 5 guests per card. This saves \$2 off of the regular admission price. Punch cards are valid Monday through Thursday only.
3. At one time during the season, members may use their guest punch cards to bring up to 10 guest at a time. (Monday through Thursday only)
4. Twilight guest passes are still available after 4PM. Bring a guest for just \$4.

***Share a memory...bring a friend to Frog Falls***

## Frog-Robics: Fitness and Fun For You

### Add a Splash to Your Summer Workout!

With the summer sun slowly creeping up on us, many are itching to bring their workouts to the outdoors and breakout of that fitness rut! But, when temperatures start to soar, the traditional outdoor exercises become less appealing to us all. How is it that we can stay cool and stay fit at the same time...**WATER AEROBICS!**

Water Aerobics is the perfect way to workout under the sun and not even break a sweat! But don't worry if you aren't a veteran swimmer, the comfort of water aerobics classes is that you can go at your own pace and at your own level, making the session as easy or as intense as you like it.

Classes consist of many different exercises, but each one can burn calories, improve your strength and flexibility, tone your muscles and im-

prove your cardiovascular system, you just get more fit overall! All of this without the wear and tear your body takes from traditional exercises.

Take a look at the comparison of activities and how many calories you may burn in a 30 minute workout.

Land walking: 135 Calories  
Deep water walking: 264 Calories  
Jogging on land: 240 Calories  
Deep water jogging: 340 Calories

So why not give it a try right here at Picatinny Arsenal? The Aquatic Park here at Picatinny Arsenal, Frog Falls is offering FrogRobics classes for our members, the military and their families, Picatinny employees & contractors! Don't miss out on these brand new classes. You must have a valid Frog Falls or Fitness Center ID (see ITR in Bldg 34) to participate. Sign ups begin May 3rd.



Sign up for 1, 2 or 3 days a week each session.

Session 1: June 29- July 8 Tues, Wed and Thurs. 5-5:45PM

Session 2: July 13-22<sup>nd</sup> Tues, Wed and Thurs. 3-3:45PM

Fees: 1 day per week (per session) \$15

2 days per week (per session) \$25 **save \$5!**

3 days per week (per session) \$35 **save \$10!**

Contact 724-7275 for more information!

## Clarification of our Closure Policies

At the focus groups it was brought to our attention that we have not been clear on our closure policies. Let us take a few moments to clarify the following policies:

1. **Biological Contaminant Closure:** The Centers for Disease Control (CDC) have provided guidelines for the prevention of Recreational Waterborne Illnesses. The management of Frog Falls takes your health and the health of your family very seriously. The CDC recommends a pool closure time of 8 hours for a diarrhea accident. The pool can re-open after the elevated chlorine level has returned to healthful limits. In the event of a solid fecal accident or

- vomit in the pool, the CDC recommends a 30 minute closure and elevation of the chlorine level.
2. **Lightning Closure Policy:** Being located on a military base, Frog Falls has access to a state of the art Lightning Early Warning System (LEWS). LEWS is able to detect lightning in the area much sooner than the management of Frog Falls are. LEWS generates a lightning warning when there is lightning within 5 miles of Picatinny Arsenal. This lightning warning allows us to close the pool before the lightning descends upon the area. Due to it's relatively high elevation, it's large bodies of water and the slide tower, Frog Falls is a target for lightning. In 2003, Frog Falls sustained damage from two separate lightning strikes.



Frog Falls is your home for exclusive family fun!

It is our goal to prevent our members from danger and so it may seem that we close too early for lightning. Please understand that we have your best interest at heart!